

Making Changes in 2009.

Changes in your lifestyle can be easy and fun. The purpose of this calendar is to get you started on making small changes every month for a year. This calendar offers fun ways for you and your family to get active, eat healthy, and chart your progress each and every month. Charting your progress should also be easy, fun, and positive. When someone in your family tries a new physical activity, eats more fruits and veggies, or moves their body more than usual, they get to draw a star (or put a favorite sticker) on the day of achievement.



Remember: You can't turn things around overnight. It takes time, encouragement, patience, and understanding, but it's well worth it.

- Make up a fun name for your family "team."
- Make sure your child sees you enjoying physical activities.
- Eat healthy meals and snacks with your child.
- Let your child know that replacing bad habits with good ones can be fun.
- Ask your child to reward you with praise for changes in your behavior.

Do it together. Do it as a team. Do it for Life!

This calendar uses the term "family" to describe any group of people who are responsible for raising a child or children. If you have questions about the weight or activity level that is right for your child, consult your doctor or health care professional.